

## TIPS FOR NEW NONSMOKERS

---

### Benefits of Stopping

The positive effects of stopping begin very soon after you stop using tobacco and continue long after you've become a nonsmoker.

#### Short-Term Benefits

- Your blood pressure, pulse, and body temperature will return to normal. Nicotine in tobacco caused them to be abnormally high. You should continue to take all medications until told to stop by your physician.
- Your body starts to heal itself. Carbon monoxide and oxygen levels in your blood, which were low, will return to normal.
- Your chance of having a heart attack goes down.
- Nerve endings start to regrow. Your ability to taste and smell improves.
- Breathing will be easier because your breathing passages relax and lung capacity goes up.
- Walking will get easier because your circulation improves and your lungs are getting stronger.
- Your overall energy level increases.
- Coughing, sinus congestion, fatigue, and shortness of breath will decrease. In your lungs, the cilia (hairlike structures on the lining) begin to regrow, increasing the ability of your lungs to handle mucus, clean themselves, and reduce infection.

#### Long-Term Benefits

- As a former smoker, your chance of dying from lung cancer is less than it would be if you continued to smoke.
- Your chance of getting throat, bladder, kidney, or pancreas cancer also goes down.

*Source: National Cancer Institute*



DEPARTMENT OF  
**PUBLIC HEALTH  
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.

